



May/ June 2022

# PROGRAMS & EVENTS

[www.herndon-va.gov/recreation](http://www.herndon-va.gov/recreation)

[www.herndonwebtrac.com](http://www.herndonwebtrac.com)



## HERNDON CARNIVAL

p. 13



*It's All Rides*



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## Herndon Community Center Hours

Monday–Thursday 7:00am–9:00pm  
 Friday & Saturday 7:00am–6:00pm  
 Sunday **Closed**

*New HCC Summer Hours starting June 26*

## CLOSURES & HOLIDAY HOURS

Easter Sunday, April 17 **Closed**  
 Memorial Day, May 30 **Closed**  
 Juneteenth Observed, June 20 **Closed**

## Daily Admission Rates

More Information in the Admission Fees & Passes section.

	TOH / NR
Adults	\$7 / \$8
Seniors	\$5.75 / \$6.50
Youth	\$5.75 / \$6.50
Family*	\$19.75 / \$22.50

\*Up to 5 family members, 2 adults maximum

# HOW TO REGISTER

CHOOSE ONE OF FOUR WAYS TO REGISTER:

## 1. ONLINE - [WWW.HERNDONWEBTRAC.COM](http://WWW.HERNDONWEBTRAC.COM)



## 2. MAIL\*

Herndon Community Center  
 777 Lynn Street  
 Herndon, VA 20170

## 3. IN-PERSON/DROP OFF\*

Herndon Community Center  
 814 Ferndale Avenue  
 Herndon, VA 20170

## 4. FAX

703-318-8652  
 Hearing Impaired Relay  
 1-800-828-1120 TDD

\*Registration Form for Mail & In-Person Options and General Registration Information are located in the back of this brochure.

## Understanding Our Class Format

**TOH** ► Town of Herndon rate and requires ID with address for every transaction

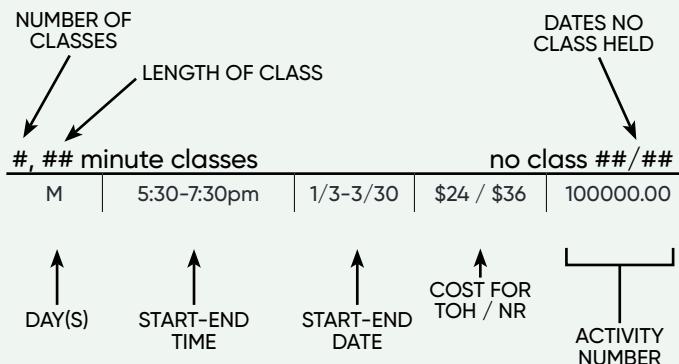
**NR** ► Non-Resident rate

**NEW** ► New this Season

**DROP-IN** ► No Registration Required

**NOR** ► No Online Registration

**OR** ► Ongoing Registration



Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.



## ► NO AQUATIC CLASSES ON MAY 30

**AQUATICS: POOL & SWIMMER INFORMATION**

-  **We STRONGLY recommend no food to be eaten** one hour or less before participation in any swimming class.
- **The pool is open only to lap swimmers** age 13 & up and scheduled swim lessons on Saturday until noon.
- **A detailed listing of swimming class requirements** may be found at <http://bit.ly/HCCswim>. Children should be able to perform all prerequisite skills for a class easily and comfortably. Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, they will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.
- **Open, recreational swim time** is available Monday-Friday 1-4pm, and Saturday, 1-6pm. Capacity limits may apply.

**AQUATICS: MAKEUP POLICY**

**Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.**

**ATTENTION:** Parents should read class requirements and descriptions **carefully** to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, they will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

**AQUATICS: PRESCHOOL****Preschooler 1 Age 3-5**

Skills introduced include water adjustment and orientation, breath control, basic water safety, and swimming movements on front and back. This is an excellent class for children with little or no previous water experience. Child should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers.

**5, 30 minute classes**

Sa	11:00-11:30am	4/23-5/21	\$50 / \$65	402100.61
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**8, 30 minute classes** **no class 5/30**

M/W	5:00-5:30pm	4/11-5/4	\$80 / \$104	402100.12
M/W	9:30-10:00am	<b>CANCELED</b>	\$80 / \$104	402100.14
M/W	5:00-5:30pm	5/9-6/6	\$80 / \$104	402100.15
M/W	9:30-10:00am	5/9-6/6	\$80 / \$104	402100.17
Tu/Th	7:00-7:30pm	4/12-5/5	\$80 / \$104	402100.21
Tu/Th	7:00-7:30pm	5/10-6/2	\$80 / \$104	402100.23

**Preschooler 2 Age 3-5**

Preschooler 2 students can comfortably put their face in the water and demonstrate orientation skills. This class focuses on unsupported front and back floating, front and back gliding, breath control, water safety, and kicking. Previous water experience is required.

**5, 30 minute classes**

Sa	10:20-10:50am	4/23-5/21	\$50 / \$65	402200.61
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**8, 30 minute classes** **no class 5/30**

M/W	10:00-10:30am	<b>CANCELED</b>	\$80 / \$104	402200.11
M/W	10:00-10:30am	5/9-6/6	\$80 / \$104	402200.12
M/W	5:40-6:10pm	4/11-5/4	\$80 / \$104	402200.14
M/W	5:40-6:10pm	5/9-6/6	\$80 / \$104	402200.15
Tu/Th	6:20-6:50pm	4/12-5/5	\$80 / \$104	402200.21
Tu/Th	6:20-6:50pm	5/10-6/2	\$80 / \$104	402200.22

**Preschooler 3 Age 3-5**

Preschooler 3 students will focus on front crawl, back crawl, elementary backstroke, treading water, and water safety rules. Instruction is given for swimming in deep water.

**5, 30 minute classes**

Sa	9:40-10:10am	4/23-5/21	\$50 / \$65	402300.61
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**8, 30 minute classes** **no class 5/30**

M/W	6:20-6:50pm	4/11-5/4	\$80 / \$104	402300.11
M/W	6:20-6:50pm	5/9-6/6	\$80 / \$104	402300.12
Tu/Th	5:40-6:10pm	4/12-5/5	\$80 / \$104	402300.21
Tu/Th	5:40-6:10pm	5/10-6/2	\$80 / \$104	402300.22
Tu/Th	9:30-10:00am	<b>CANCELED</b>	\$80 / \$104	402300.24
Tu/Th	9:30-10:00am	5/10-6/2	\$80 / \$104	402300.25

**Preschooler 4 Age 3-5**

Our Preschooler 4 class focuses on front crawl and back crawl endurance, breath control, elementary backstroke, breaststroke, treading water, water safety, and diving from seated and kneeling positions.

**5, 30 minute classes**

Sa	9:00-9:30am	4/23-5/21	\$50 / \$65	402400.61
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**8, 30 minute classes** **no class 5/30**

M/W	7:00-7:30pm	4/11-5/4	\$80 / \$104	402400.11
M/W	7:00-7:30pm	5/9-6/6	\$80 / \$104	402400.12
Tu/Th	5:00-5:30pm	4/12-5/5	\$80 / \$104	402400.21
Tu/Th	5:00-5:30pm	5/10-6/2	\$80 / \$104	402400.22
Tu/Th	10:00-10:30am	<b>CANCELED</b>	\$80 / \$104	402400.24
Tu/Th	10:00-10:30am	5/10-6/2	\$80 / \$104	402400.25

## AQUATICS: YOUTH

**Swim 1 Age 6-12**

This class is designed to orient students to the aquatic environment. Instruction is given in breath control, floating, kicking, front and back crawl, and water safety skills.

**5, 30 minute classes**

Sa	9:00-9:30am	4/23-5/21	\$50 / \$65	403110.61
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**8, 30 minute classes**

no class 5/30

M/W	7:00-7:30pm	4/11-5/4	\$80 / \$104	403110.12
M/W	7:00-7:30pm	5/9-6/6	\$80 / \$104	403110.13
Tu/Th	5:00-5:30pm	4/12-5/5	\$80 / \$104	403110.21
Tu/Th	5:00-5:30pm	5/10-6/2	\$80 / \$104	403110.22

**Swim 2 Age 6-12**

Building on Swim 1, students work on submersion skills, unsupported front and back float, unsupported front and back glide, front and back crawl, kicking, treading water, and water safety rules.

**5, 30 minute classes**

Sa	9:40-10:10am	4/23-5/21	\$50 / \$65	403210.61
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**8, 30 minute classes**

no class 5/30

M/W	6:20-6:50pm	4/11-5/4	\$80 / \$104	403210.12
M/W	6:20-6:50pm	5/9-6/6	\$80 / \$104	403210.13
Tu/Th	5:40-6:10pm	4/12-5/5	\$80 / \$104	403210.21
Tu/Th	5:40-6:10pm	5/10-6/2	\$80 / \$104	403210.22

**Swim 3 Age 6-12**

Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

**5, 30 minute classes**

Sa	10:20-10:50am	4/23-5/21	\$50 / \$65	403310.61
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**8, 30 minute classes**

no class 5/30

M/W	5:40-6:10pm	4/11-5/4	\$80 / \$104	403310.12
M/W	5:40-6:10pm	5/9-6/6	\$80 / \$104	403310.13
Tu/Th	6:20-6:50pm	4/12-5/5	\$80 / \$104	403310.21
Tu/Th	6:20-6:50pm	5/10-6/2	\$80 / \$104	403310.23

**Swim 4 Age 6-12**

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are introduced.

**5, 30 minute classes**

Sa	11:00-11:30am	4/23-5/21	\$50 / \$65	403410.61
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**8, 30 minute classes**

no class 5/30

M/W	5:00-5:30pm	4/11-5/4	\$80 / \$104	403410.12
M/W	5:00-5:30pm	5/9-6/6	\$80 / \$104	403410.13
Tu/Th	7:00-7:30pm	4/12-5/5	\$80 / \$104	403410.21
Tu/Th	7:00-7:30pm	5/10-6/2	\$80 / \$104	403410.22

**Swim 5 Age 6-12**

Students refine and coordinate the strokes learned in previous swimming courses at increased distances. Open turns, flip turns, and racing dives are taught. Deep water work includes diving, water entries, and treading.

**5, 45 minute classes**

Sa	8:45-9:30am	4/23-5/21	\$75 / \$95	403510.61
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# Herndon Halibuts

(HERNDON SWIM LEAGUE) AGE 5-18

If you have always wanted to be on a swim team, but haven't had a neighborhood team to swim for, here's your chance!

## Join the Herndon Community Center Swim Team and be a Fighting Halibut!

As a developmental team, your child will have an opportunity to enhance and learn the four competitive strokes and swim in meets during the season. All swimmers **MUST** be able to swim one length of the pool continuously without stopping. If swimmers cannot swim a length of the pool, they will not be allowed to participate on the team. Additional information will be given to the members of the team upon registration. A \$25 late fee will be charged if registering after May 29.

**EVENING PRACTICES**  
MAY 31-JUNE 10  
MONDAY-THURSDAY

**MORNING PRACTICES**  
JUNE 13-JULY 22  
MONDAY-FRIDAY

No Practice Monday, June 20 & Monday, July 4

Regular Registration TOH \$175/NR \$232

**AGE 5-8** 105350.10  
May 31-June 10 5:45-6:30pm  
June 13-July 22 7:30-8:15am

**AGE 9-10** 105350.11  
May 31-June 10 5-5:45pm  
June 13-July 22 8:15-9:00am

**AGE 11-12** 105350.12  
May 31-June 10 6:30-7:30pm  
June 13-July 22 9:00-10:00am

**Age 13-18** 105350.13  
May 31-June 10 4:00-5:00pm  
June 13-July 22 10:00-11:00am

**AQUATICS: YOUTH DEVELOPMENTAL**

*Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team.*

**Youth Developmental 1 Age 5-16**

Youth Developmental 1 swimmers must be able to swim 25 yards of front crawl with rotary breathing and 25 yards of backstroke without stopping.

**5, 45 minute classes**

Sa	9:45-10:30am	4/23-5/21	\$65 / \$85	404110.62
Sa	11:15am-12:00pm	4/23-5/21	\$65 / \$85	404110.64

**Youth Developmental 2 Age 5-16**

Youth Developmental 2 swimmers must be able to swim 50 yards each of front crawl with rotary breathing and backstroke without stopping. Plus 25 yards each of legal butterfly and breaststroke.

**5, 45 minute classes**

Sa	10:30-11:15am	4/23-5/21	\$65 / \$85	404210.61
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**AQUATICS: WATER SAFETY****Water Safety Instructor Age 15 & up**

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages, from infants to adults. We will also provide practical teaching experience. All students must be 16 years of age by the last day of class and complete a Water Safety precourse test. This class is designed as a blended learning class which requires approximately 7 hours of blended learning prior to attending the first class. Students must attend all class sessions to pass this course and the prerequisites skills. The prerequisites are to swim the following strokes consistent with Level 4 proficiency: 25 yards of front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and 15 yards of butterfly. Maintain position on back for 1 minute in deep water (floating or sculling) and tread water for 1 minute. If you have any questions, please call Kerstin T. Severin at 703-435-6800 x2128.

**4, 5 hour classes**

Sa/Su	8:00am-1:00pm	5/14-5/22	\$275 / \$365	407130.60
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**Lifeguard Training Class Age 15 & up**

This is a blended learning class with a portion that must be completed before the class. Blended learning combines online learning with in-person skills sessions, where you will practice skills and demonstrate competency. Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses. On the first day, the participant will complete the following prerequisites: 300 yard swim on front only, 2 minute tread with no hands, 10 pound brick retrieval in deep water. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. If you have any questions, please contact Debby Cooley at debby.cooley@herndon-va.gov.

**1, 2 hour class & 3, 6 hour classes**

Sa	1:00-3:00pm	4/30		
	12:00-6:00pm	5/7, 5/14	\$275 / \$275	407230.60
Su	8:00am-2:00pm	5/8		

**Lifeguard Review Class Age 15 & up**

For currently certified American Red Cross lifeguards. Candidates must have a copy of their current certification with them the first day of the class and also be prepared to complete the prerequisite swim test. This course is a blended learning course with an approximately 7- hour online portion that must be completed before the class. The book for this class is available for purchase or may be downloaded at no charge. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. If you have any questions, please contact Debby Cooley at debby.cooley@herndon-va.gov

**1, 8 hour class**

Su	7:00am-3:00pm	5/22	\$175 / \$175	407240.70
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**AQUATICS: ADULT****Adult Intro to Swimming (Level 1) Age 16 & up**

Interested in learning to swim but not yet comfortable in the water? Then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water is taught. Basic stroke technique is introduced. Goggles are highly recommended.

**8, 45 minute classes****no class 5/30**

M/W	10:30-11:15am	<b>CANCELED</b>	\$120 / \$152	406130.11
M/W	10:30-11:15am	5/9-6/6	\$120 / \$152	406130.12

**Adult Beginner (Level 2) Age 16 & up**

For students who have passed Adult Intro to Swimming, or those who are comfortable in the water, can float independently, and have rudimentary understanding of freestyle. Rotary breathing and backstroke are included in this class. Goggles are highly recommended.

**8, 45 minute classes**

Tu/Th	10:30-11:15am	<b>CANCELED</b>	\$120 / \$152	406230.21
Tu/Th	10:30-11:15am	5/10-6/2	\$120 / \$152	406230.22

**AQUATICS: AQUATIC FITNESS****Water Aerobics Age 16 & up**

Jumpstart your fitness with water aerobics! Water aerobics is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints.

**8, 60 minute classes****no class 5/30**

M/W	8:30-9:30am	4/11-5/4	\$80 / \$104	408630.11
M/W	8:30-9:30am	5/9-6/6	\$80 / \$104	408630.12

**Deep Water 1 Age 16 & up**

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

**8, 60 minute classes****no class 5/30**

M/W	7:00-8:00pm	4/11-5/4	\$80 / \$104	408730.11
M/W	7:00-8:00pm	5/9-6/6	\$80 / \$104	408730.12
Tu/Th	8:30-9:30am	4/12-5/5	\$80 / \$104	408730.21
Tu/Th	7:30-8:30am	5/10-6/2	\$80 / \$104	408730.22
Tu/Th	8:30-9:30am	5/10-6/2	\$80 / \$104	408730.23





## Be Like Larry and Donna

Larry and Donna love the water, helping people, being active, and connecting to the Herndon community. They have lived in Herndon for over 30 years. Living in Herndon allows them to be near family and their two grandchildren. In 2018, both retired from the Department of Defense, and when they retired, they made it a priority to stay active.

Earlier in his life, Larry competed internationally in the modern pentathlon (pistol shooting, fencing, swimming, horse riding, and running events). Donna has always enjoyed being physically active. Larry is also a member of the Reston Masters Swim Team. One day at swim team practice, he saw a flyer explaining the Herndon Community Center (HCC) is hiring lifeguards and providing free training. Larry and Donna both thought this could be an excellent way to learn a new skill, earn extra money, be active, and enjoy the facilities and drop-in fitness classes at the HCC for free. Most of all, becoming a lifeguard would be one more way to be involved in the community. They completed lifeguard training with HCC staff, passed the lifeguarding test, and got hired!

You can find Larry and Donna working during the midday a couple of days a week. The midday shift is especially challenging for our staff to find lifeguards to work. Working at this time is a plus for Donna and Larry because they can work and be home to spend time with the grandchildren after school.

Donna and Larry enjoy getting to know people who swim at the HCC, especially the regulars. Their pride in their work beams, and they are happy to help. We are grateful for all our staff, especially staff like Larry and Donna.

Want to be like Larry and Donna? Let us help! To learn more about working with the HCC, visit [herndon-va.gov/jobs](http://herndon-va.gov/jobs) or call 703-787-7300. The HCC is willing to train and adjust our schedule and programs to meet new or potential employees' schedules and interests.

# Herndon 5K

Sunday, June 5

7:30am

at the Herndon Community Center



Info at  
[www.HerndonCarnival.net](http://www.HerndonCarnival.net)

## WE'RE HIRING

Share  
Your Talents  
& Inspire  
Others!

Flexible  
Hours



Create  
Programs  
That Excite  
You &  
Others



### Part-Time Positions:

- Summer Camp Staff
- Pool Operations Manager (FT)
- Lifeguards - \$15-\$20 DOQ
- Assistant Swim Team Coach
- Instructors: Swim, Tennis, Dance, Fitness (Group & Pilates Mat)
- Personal Trainers

### Benefits:

- Free Golf Greens Fees
- Free Admission to the Herndon Community Center



For more information and to apply,  
[WWW.HERNDON-VA.GOV/JOBS](http://WWW.HERNDON-VA.GOV/JOBS)

703-787-7300



**Recommendation:** Please bring your own mat.

### Lunchtime Yoga Age 16 & up

This mid-day Hatha practice will help you stretch and refresh after a morning of work, whether at a desk, in your car, up a ladder, or outside. Use your breath to reset, and poses to build strength, balance, flexibility, and agility. Relieve muscle and mental tension. Relax and manage stress. Return to work ready for the rest of the day's challenges.

6, 60 minute classes				no class 5/30
M	11:55am-12:55pm	5/2-6/13	\$72 / \$96	430060.11

### 7, 60 minute classes

W	11:55am-12:55pm	5/4-6/15	\$84 / \$112	430060.31
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### Hatha Yoga Age 16 & up

Whether new to yoga or looking to get back into a regular practice, Hatha Yoga offers the opportunity to gain increased comfort, flexibility, and strength through yoga poses. Alignment and proper techniques are emphasized to improve posture and reduce risk of injury.

### 7, 60 minute classes

Th	7:00-8:00pm	5/5-6/16	\$84 / \$112	430230.41
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### 6, 60 minute classes

Sa	11:00am-12:00pm	5/7-6/18	\$72 / \$96	430230.61
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### Supported Hatha Yoga Age 16 & up

This class will enable you to enjoy a full yoga practice with the poses you love, even if stiffness, injury, poor balance, or limited mobility make it difficult to get down to or up from a yoga mat or to balance. Using a wall, chair, and/or blocks for support, you will learn to adapt your practice to do Sun Salutations and other standing, lying, and seated poses with ease and confidence. Options given for different ability levels. Appropriate for students with or without prior yoga experience.

### 7, 60 minute classes

Tu	1:00-2:00pm	5/3-6/14	\$84 / \$112	430080.21
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### Gentle Yoga Age 16 & up

This gentle class is for those students desiring a less vigorous practice than a regular Hatha class. Focus will be gentle on stretching and movement to increase flexibility and balance while building strength and increasing range of motion. Gentle Yoga is appropriate for students easing back into a yoga practice or those with chronic muscle or joint pain, stiffness, weakness, or fatigue, with or without prior yoga experience.

### 7, 60 minute classes

Tu	7:00-8:00pm	5/3-6/14	\$84 / \$112	430090.21
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### Yoga for Seniors Age 50 & up

Yoga for Seniors is a Hatha practice that honors and respects the mature body. Poses that improve balance, flexibility, strength, and agility are emphasized, the four physical skills required for healthy aging and maintaining true independence. Class was renamed from Gentle Yoga for Seniors. **No senior discount.**

### 6, 60 minute classes

				no class 5/30
M	1:00-2:00pm	5/2-6/13	\$60 / \$80	430040.11

### 7, 60 minute classes

W	1:00-2:00pm	5/4-6/15	\$70 / \$90	430040.31
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## HCC SUMMER PASS SALE

Valid May 2-August 26

This is a  
substantial  
savings off a  
30-Day pass!

Adult Pass  
TOH \$140/NR \$180

Senior, Youth & Student  
TOH \$110/NR \$140

Seniors: 65 & over Youth: 17 & Under Student: 18 - 25 with student ID

## OPEN GYM SCHEDULE: MAY/JUNE 2022

Su	M	Tu	W	Th	F	Sa
					11:30am-2:30pm	8:00-11:00am
	2:45-5:00pm	2:45-5:00pm	2:45-5:00pm	2:45-5:00pm	2:45-5:45pm	2:00-5:45pm
	6:00-8:45pm	6:45-8:45pm				

THIS SCHEDULE IS SUBJECT TO CHANGE - CHECK MONTHLY SCHEDULE.

Youth Open Gym: 17 & under (under 10 must be accompanied by an adult)  
Teen Open Gym: Age 13-17 Adult Open Gym = Age 16 & up

Adult Basketball Teen Open Gym Youth Open Gym

## HCC Admission Specials

**\$2** TUESDAYS  
(for seniors 65+)  
All Day

**\$5** FRIDAYS  
(from 12:00-6:00pm)  
All Ages





**PLEASE NOTE:** Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training.

## FITNESS: STRENGTH TRAINING

### **BLAST Fitness COMBO** Age 16 & up

Take a few sets of resistance training, add in some rounds of cardio interval, a splash of core conditioning and a pinch of mobility work and you have a recipe for a great exercise class! Each class, participants can expect a dynamic warm-up followed by 3-4 rounds of varying exercise modes. Every class is different, but the focus on improved health stays the same throughout.

#### **4, 45 minute classes**

M	9:30-10:15am	5/2-5/23	\$30 / \$40	425831.14
M	6:30-7:15pm	5/2-5/23	\$30 / \$40	425831.16
W	9:30-10:15am	5/4-5/25	\$30 / \$40	425831.34
W	6:30-7:15pm	5/4-5/25	\$30 / \$40	425831.36

#### **5, 45 minute classes**

W	9:30-10:15am	6/1-6/29	\$38 / \$50	425831.35
W	6:30-7:15pm	6/1-6/29	\$38 / \$50	425831.37

#### **3, 45 minute classes** no class 6/20

M	9:30-10:15am	6/6-6/27	\$23 / \$30	425831.15
M	6:30-7:15pm	6/6-6/27	\$23 / \$30	425831.17

### **BLAST Fitness Strength** Age 16 & up

Functional fitness training designed to help you move better, be stronger and feel healthier. This circuit-style strength class will rotate through several series of exercises (within your individual equipment station), incorporating resistance training, body sculpting and core conditioning in fun, creative intervals. Each class, participants can expect a dynamic warm-up followed by 3-4 rounds of resistance exercises using Free Weights, Kettlebells, Superbands, PhysioBalls and more!

#### **5, 45 minute classes**

Tu	9:30-10:15am	5/3-5/31	\$38 / \$50	420430.22
W	8:30-9:15am	6/1-6/29	\$38 / \$50	420430.33
Th	9:30-10:15am	6/2-6/30	\$38 / \$50	420430.43

#### **4, 45 minute classes**

M	8:30-9:15am	5/2-5/23	\$30 / \$40	420430.12
Tu	9:30-10:15am	6/7-6/28	\$30 / \$40	420430.23
W	8:30-9:15am	5/4-5/25	\$30 / \$40	420430.32
Th	9:30-10:15am	5/5-5/26	\$30 / \$40	420430.42

#### **3, 45 minute classes** no class 6/20

M	8:30-9:15am	6/6-6/27	\$23 / \$30	420430.13
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### **HCC Core** Age 16 & up

An intense core workout. You'll work your entire core - abs, obliques, back extensors, glutes - in a variety of fun ways and with endless exercise options. Your core is the foundation upon which all movement is created - make sure you have a strong and stable midsection, and a healthy life will follow!

#### **5, 45 minute classes**

Tu	12:15-1:00pm	5/3-5/31	\$38 / \$50	425630.22
Th	12:15-1:00pm	6/2-6/30	\$38 / \$50	425630.43

#### **4, 45 minute classes**

Tu	12:15-1:00pm	6/7-6/28	\$30 / \$40	425630.23
Th	12:15-1:00pm	5/5-5/26	\$30 / \$40	425630.42

### **Move Well** Age 16 & up

Move your body freely, easily, and pain free. This class combines stretching and dynamic movement-quality exercises to improve physical function, movement patterns and joint range of motion. Optimized mobility helps you enjoy freedom of movement, limits pain with movement, and increases your overall fitness & performance. \*This class is beneficial for all fitness levels.

#### **4, 45 minute classes**

Th	4:00-4:45pm	5/5-5/26	\$30 / \$40	420631.42
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#### **5, 45 minute classes**

Th	4:00-4:45pm	6/2-6/30	\$38 / \$50	420631.43
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### **The Lunch Workout** Age 16 & up

Re-ignite your metabolism over the lunch hour with an empowering workout that will carry you through the rest of your day. Enjoy a full-body fitness experience as you make your way through dynamic warm-ups, corrective exercises, power circuits, strength routines, cardio intervals and core finishers. Discover how your workout can be modified or progressed to meet - or challenge - your abilities and optimize your results.

#### **4, 45 minute classes**

M	12:15-1:00pm	5/2-5/23	\$30 / \$40	421330.12
W	12:15-1:00pm	5/4-5/25	\$30 / \$40	421330.32

#### **5, 45 minute classes**

W	12:15-1:00pm	6/1-6/29	\$38 / \$50	421330.33
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#### **3, 45 minute classes** no class 6/20

M	12:15-1:00pm	6/6-6/27	\$23 / \$30	421330.13
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**POUND. Rockout. Workout. Age 16 & up**

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy appeals to all ages and abilities.

**5, 45 minute classes**

Tu	4:00-4:45pm	5/3-5/31	\$30 / \$40	426430.22
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**4, 45 minute classes**

Th	4:00-4:45pm	5/5-5/26	\$24 / \$32	426430.42
Sa	9:00-9:45am	5/7-5/28	\$24 / \$32	426430.62

**FITNESS: YOUTH FITNESS CLASSES****Youth Sports Training Age 12-16**

Athletic development program that builds a foundation for improved sport performance, injury prevention, and long-term enjoyment of sports participation. Perfect preparation for school sports - whether waiting for sports to return or gearing up for the start of a new season. Work with a Strength and Conditioning Coach to improve speed, agility, quickness, core strength and power - all with an eye on peak athletic performance.

**4, 45 minute classes**

M	4:15-5:00pm	5/2-5/23	\$30 / \$40	422123.12
W	4:15-5:00pm	5/4-5/25	\$30 / \$40	422123.32

**PERSONAL TRAINING**

One-on-one personal training sessions are now available.

Sessions are generally held in the Community Center's Personal Training Studio or Fitness Room. For more information or to get started contact our Head Personal Trainer: karen.tsitos@herndon-va.gov.

\*Limitations apply to schedule and trainer availability.

**DROP-IN CLASSES****HCC Strong Age 16 & up**

This is what it is like to feel STRONG! In this class you will find strength of body - and of mind as you will yourself to accomplish a wide variety of functional movements and exercises to build a healthier body. You can lift barbells overhead; you can master the push-up; you can hip-hinge like a boss; if you can think it, you can do it!

**45 minute class no class 6/21**

		INSTRUCTOR
Tu	6:30-7:15pm	Ashley
Th	6:30-7:15pm	Ashley

**Poly Fit Age 16 & up**

This Polynesian mixed dance workout is a combination of Tahitian, Hula, Samoan and Hip-Hop. Poly Fit provides a total body workout in 45 minutes. Inspired by the dances of the Pacific Islands this class incorporates easy to perform dance movements set to the sounds of traditional Polynesian drumbeats fused with funky Reggae music, resulting in a modern, hip, fitness workout.

**45 minute class**

		INSTRUCTOR
Th	6:00-6:45pm	Maribel

**ZUMBA® Age 16 & up**

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why ZUMBA® Fitness classes are often called exercise in disguise.

**45 minute class no class 6/21**

		INSTRUCTOR
M	5:30-6:15pm	Pooja
T	5:30-6:15pm	Stacie
W	5:30-6:15pm	Pooja
Th	5:30-6:15pm	Mary Jo

**UPDATE:** Participants may now use Herndon Community Center Admission Passes to Drop-In to any HCC STRONG, ZUMBA® and Poly Fit fitness classes. *\*Space may be limited in the case of any necessary class size restrictions or equipment limitations. Admission is on a first-come basis.*

# WE'RE HIRING

Share  
Your Talents  
& Inspire  
Others!

Flexible  
Hours

Create  
Programs  
That Excite  
You &  
Others



## Part-Time Positions:

- Summer Camp Staff
- Pool Operations Manager (FT)
- Lifeguards - \$15-\$20 DOQ
- Assistant Swim Team Coach
- Instructors: Swim, Tennis, Dance, Fitness (Group & Pilates Mat)
- Personal Trainers

## Benefits:

- Free Golf Greens Fees
- Free Admission to the Herndon Community Center



For more information and to apply,  
**WWW.HERNDON-VA.GOV/JOBS**  
**703-787-7300**

## Bready Park Tennis Center

The last day of Indoor Tennis 2021-2022 season is Sunday, April 10.

703-435-6800 x2114

## HOURS:

Monday	9:00am-2:30pm; 4:30-9:30pm
Tuesday	9:30am-10:30pm
Wednesday	9:00am-10:30pm
Thursday:	9:00am-10:00pm
Friday:	7:00am-1:30pm, 5:00-10:00pm
Saturday	7:00am-10:00pm
Sunday:	7:00am-9:00pm

Please note that hours of operation may change in response to demand. If you are interested in making a random-time reservation, please call ahead to make your reservation.

Random time may be reserved up to seven days in advance. For reservations, call 703-435-6800 x2114.

## Bready Park Tennis Center Rates

### Court Cost is Per Hour

### RANDOM TIME\*

*Prime Time (after 5:00pm, Monday-Friday; Saturday & Sunday all day)*

Adult TOH Resident	\$32
Adult Non-Resident	\$40

*Non-Prime Time (before 5:00pm weekdays)*

Adult TOH Resident	\$27
Adult Non-Resident	\$34
Youth/Senior TOH (a)	\$24
Youth/Senior Non-Resident (a)	\$28

(a) Youth = 17 and under Senior = 65 and older

\* Reservations for random time may be made seven days in advance.

ID required for Town of Herndon Resident rates.

The TOH rate is applicable only when there is an active resident player for each court rented. Multi-court rentals during the same day and time period must have a different resident player for each court.

No courts may be contracted or booked to be used as instruction outside TOH offerings.

## HERNDON COMMUNITY CENTER BIRTHDAY PARTY RENTALS

### Swim Party (all ages)

Party offers 75 minutes of an activity and an hour in the party room.

Call to learn more  
and request a  
party reservation.  
703-787-7300



## 2022-2023 TENNIS CENTER SEASON

We are planning for the 2022-23 season and will have forthcoming information and applications for reserving contract time. Please email [parksandrec@herndon-va.gov](mailto:parksandrec@herndon-va.gov) to receive information when it becomes available.





All youth classes will emphasize tennis fundamentals. ALL STUDENTS MUST PROVIDE THEIR OWN RACQUET AND WEAR TENNIS SHOES.

## OUTDOOR TENNIS: YOUTH

**PEE WEE/BEGINNER:** Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

### Pee Wee Age 4-6

6, 45 minute classes			no class 5/30	
M	4:45-5:30pm	5/2-6/13	\$63 / \$84	471000.11
Th	11:00-11:45am	5/5-6/9	\$63 / \$84	471000.41

### Beginner 1.0-1.5 Age 6-13

6, 60 minute classes			no class 5/28 & 5/30	
Age 6-9				
M	5:30-6:30pm	5/2-6/13	\$72 / \$96	471119.12
Th	5:30-6:30pm	5/5-6/9	\$72 / \$96	471119.42
Age 6-11				
Sa	9:30-10:30am	5/7-6/18	\$72 / \$96	471119.61
Age 10-13				
M	6:35-7:35pm	5/2-6/13	\$72 / \$96	471119.13
Th	6:35-7:35pm	5/5-6/9	\$72 / \$96	471119.43

### Advanced Beginner 2.0-2.5 Age 7-15

6, 60 minute classes			no class 5/28 & 5/30	
Age 7-11				
Sa	10:35-11:35am	5/7-6/18	\$72 / \$96	471219.62
Age 7-13				
M	7:40-8:40pm	5/2-6/13	\$72 / \$96	471219.11
Th	7:40-8:40pm	5/5-6/9	\$72 / \$96	471219.41
Age 12-15				
Sa	11:40am-12:40pm	5/7-6/18	\$72 / \$96	471219.63

## OUTDOOR TENNIS: ADULT

### Beginner 1.0-1.5 Age 16 & up

6, 60 minute classes			no class 5/28 & 5/30	
M	5:35-6:35pm	5/2-6/13	\$72 / \$96	471419.11
Sa	10:05-11:05am	5/7-6/18	\$72 / \$96	471419.61

**NOTE:** Please consult with an instructor prior to registering if you have not previously enrolled in the following levels.

### Advanced Beginner 2.0-2.5 Age 16 & up

6, 60 minute classes			no class 5/28 & 5/30	
M	6:40-7:40pm	5/2-6/13	\$72 / \$96	471519.11
Sa	9:00-10:00am	5/7-6/18	\$72 / \$96	471519.62
Sa	12:15-1:15pm	5/7-6/18	\$72 / \$96	471519.63

### Intermediate 3.0-3.5/Advanced 4.0 Age 16 & up

6, 60 minute classes			no class 5/28 & 5/30	
M	7:45-8:45pm	5/2-6/13	\$72 / \$96	471619.11
Sa	11:10am-12:10pm	5/7-6/18	\$72 / \$96	471619.61

**ATTENTION:** Early registration prevents cancellation, and we hate to cancel programs. *Minimum participation is 5 students 24-hours prior to the first class with an 8-participant class maximum.*

### NEW! DAYTIME CLASSES HIGHLIGHTED IN GREEN.

### Adult Beginner 1.0-1.5/Advanced Beginner 2.0-2.5 Combo Class Age 16 & up

6, 60 minute classes

Th	11:55am-12:55pm	5/5-6/9	\$72 / \$96	471429.41
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## HOME SCHOOL TENNIS



### Age 5-16

Home School Tennis is a comprehensive and fun physical education program that provides students with an introduction to the sport of tennis while promoting physical fitness and education. Children will receive high levels of personalized attention by our instructor in a variety of fundamental tennis skills and games. Students need to have their own racquet for class; balls will be provided.

6, 60 minute classes

Th	1:00-2:00pm	5/5-6/9	\$72 / \$96	471450.41
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## NTRP RATINGS

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

### 1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

### 2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

### 3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

### 4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

**Kendo Fundamentals Age 13 & up**

Kendo, the art of Japanese fencing, strives to bring one's mind, body, and spirit together as one. Introduction to this martial arts practice emphasizes a strong understanding of the practice basics, including etiquette, foot work, and basic strikes. *No prior experience necessary.*

**7, 60 minute classes** no class 5/29

Su	10:00-11:00am	4/24-6/12	\$47 / \$63	472450.71
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**Kendo Age 13 & up**

Class is geared towards Kendoka who have completed the Kendo Fundamentals class and wish to further pursue the art of Kendo. Kendo is a more rigorous class teaching technique for use in shinsa and shia. Gi, Hakama, Shinai, & approval from the instructor are required to join the class.

**7, 90 minute classes**

Th	7:00-8:30pm	5/5-6/16	\$71 / \$94	472550.41
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**7, 2 hour classes** no class 5/29

Su	10:00am-12:00pm	4/24-6/12	\$95 / \$126	472550.71
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## ARTS &amp; CRAFTS

**Knit Crochet Cafe Age 16 & up**

Come join us for an evening of knitting and crocheting! All experience levels welcome. An instructor will offer guidance and help beginners get started. Equipment and materials available for beginners. Others feel free to bring a project, and our expert can help sort out any problems if needed or just enjoy the company of your crafty peers. Refreshments provided.

**4, 90 minute classes**

Tu	6:30-8:00pm	5/3-5/24	\$80 / \$106	410231.23
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## LIFE INTEREST

**Weird Science Age 4-5**

Kids will be inspired to learn and investigate with hands-on science-based activities. Each week will present an opportunity to learn about space, nature, weather and the world. We encourage kids to learn with us in a fun, educational and supportive class.

**4, 60 minute classes**

M	9:30-10:30am	5/2-5/23	\$75 / \$100	466250.10
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## SPORTS

**Youth Soccer Age 4-11**

Develop communication and coordination while learning the fundamentals of soccer with fun skills and drills. Participants must bring their own water bottle, ball and wear non-marking sole sneakers (no cleats).

**4, 30 minute classes****Age 4-6**

Sa	10:00-10:30am	5/7-5/28	\$50 / \$67	471500.08
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**4, 45 minute classes****Age 7-11**

Sa	10:45-11:30am	5/7-5/28	\$60 / \$80	471500.09
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To ensure an independent learning experience and to foster a quality and rewarding learning environment in our youth classes, parents remain outside the classroom.

**Ballet Beginner Age 5-8**

Developed to encourage creativity and fun while learning the fundamentals of ballet with movement designed to enhance the imaginative learning of locomotor skills and choreographed dances.

**6, 45 minute classes****Age 5-6**

W	5:00-5:45pm	5/4-6/8	\$72 / \$96	441210.34
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**Age 5-8**

W	5:45-6:30pm	5/4-6/8	\$72 / \$96	441210.35
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**Urban Hip Hop Age 7-12**

This is a high intensity Urban Hip Hop dance class that will cover styles of urban dancing including tutting, moonwalking, top rocks, threading ground rocks, waving, popping and isolation. Simple routines and a choreographed number will be taught.

**6, 60 minute classes**

Tu	7:00-8:00pm	5/3-6/7	\$72 / \$96	445311.22
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**Adult Jazz Age 18 & up**

A fun way to get exercise. Fundamentals and beyond of Broadway Jazz will be taught including barre warm-up, isolations, stretching, across the floor and steps set to a choreographed routine. A performance opportunity will be provided for interested individuals.

**6, 60 minute classes**

W	6:30-7:30pm	5/4-6/8	\$72 / \$96	441232.36
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**Adult Tap Age 18 & up**

Secretly always wanted to learn to tap dance? It's not too late! Fundamentals of tap will be taught including warm-ups, traveling patterns across the floor and steps set to a choreographed routine. A performance opportunity will be provided for interested individuals.

**6, 60 minute classes**

W	7:30-8:30pm	5/4-6/8	\$72 / \$96	441232.37
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## It's All Rides

*Carnival Rides, Games, Food Vendors,  
Free Shuttle Bus and FUN!*

**Free Admission**

**Northwest Federal Credit Union  
200 Spring Street**

**Thursday 6-10pm**

**Friday 5-11pm**

**Saturday 10am-11pm**

**Sunday 10am-7pm**

**[www.HerndonCarnival.net](http://www.HerndonCarnival.net)**



**NW**  
NORTHWEST  
FEDERAL CREDIT UNION

**BIKE  
TO WORK  
DAY  
2022**

**FRIDAY,  
MAY 20**  
5:30-10:00am  
**FREE EVENT**

Join thousands from around the DMV to encourage a clean, healthy and fun way to get to work/get around – by biking. The Herndon pitstop on the W&OD Trail next to the Depot will have t-shirts, refreshments, maintenance and commuting tips, and more.

Register online at [biketoworkmetrodc.org](http://biketoworkmetrodc.org) and be eligible to win prizes and secure your free t-shirt. Thanks to A-1 Cycling for being our pitstop sponsor.



## Hoppy Egg Hunting

**Saturday, April 16**

Bready Park, 814 Ferndale Ave.

**ONE OF THE MOST EXCITING  
ANNUAL EVENTS FOR CHILDREN**

Children are invited to bring their parents, cameras, baskets and egg-hunting shoes for a fun-filled morning in the park. Games, arts and crafts, and music will begin at 9:30am, along with a photo opportunity with the Easter Bunny. *Event held rain or shine.*

Advance registration through  
Friday, April 15 (5pm) \$9;  
onsite registration \$10 (cash or check only).

**ACTIVITIES** Start at 9:30am

### EGG HUNT TIMES

**Age 5-7**

9:45am  
454500.61

**Age 3-4**

10:30am  
454500.62

**Walking-2**

11:15am  
454500.63

# Herndon Parks & Stream Cleanup

## Saturday, April 23

### 9:00AM - 12:00PM

### RUNNYMEDE PARK

195 Herndon Parkway

Meet at Runnymede Park for supplies and assignments. Work on your own to help care for one of the eleven parks or three trails in Herndon.

Excellent opportunity for corporate community service or team bonding, Scout project, or family day activity.

We'll be picking up litter, removing non-native invasive plants, and otherwise refreshing our parks as we head into spring!

**WEAR CLOSED TOE SHOES, LONG PANTS, AND BRING WORK GLOVES IF YOU HAVE THEM.**

Contact the Town Forester at 703-435-6800 x2014 to sign up in advance or wake up the morning of and come join us!

*Coordinated by the Town of Herndon Parks & Recreation and Community Development Departments.*

## HERNDON FARMERS' MARKET

- Thursdays through mid-November in Historic Downtown Herndon!
- 8 am - 12:30 pm
- Fresh produce, baked goods, meats, and more - sold directly by local growers and producers
- Produced in partnership with Fairfax County Park Authority

**Opens  
April  
28**

TOWN OF  
**Herndon**

[Herndon-va.gov/FarmersMarket](http://Herndon-va.gov/FarmersMarket)



# Summer Camps Information

- **REGISTRATION:** Summer Camp registration begins on **Wednesday, April 20** at 10:00am for Town of Herndon (TOH) residents and **Tuesday, April 26** at 10:00am for non-residents. Start early to obtain your account and password information if this is your first time registering online with the department. Visit [herndon-va.gov/recreation](http://herndon-va.gov/recreation) to get started.
- **FORMS:** A Camper Information Form must be on file prior to participation. Forms are available April 1 at the Herndon Community Center (HCC) or online at [herndon-va.gov/camps](http://herndon-va.gov/camps). A separate form is required for each child. If your child is registered for multiple camps, you can use one Camper Information Form. If you have previously completed the form for a camp this summer, you must notify us at [Herndon.Camps@herndon-va.gov](mailto:Herndon.Camps@herndon-va.gov) or 703-787-7300 to designate any additional camps after submitting your form.
- **READY EACH DAY:** Each day, campers should apply sunscreen and insect repellent prior to camp, wear closed toe shoes, and bring a lunch and/or snack, and a water bottle. (please no peanut/nut products). Check the camp descriptions for further items to bring.
- **INCLEMENT WEATHER—703-435-6866:** All camps except Dance are based extensively or exclusively outdoors. Read each camp description regarding plans in the case of inclement weather.

All camps will meet on Code Red days, with adjusted schedules and activities to provide extra water and shade breaks. Tennis will move into the Community Center in case of rain. In case of severe weather, Odyssey and Tennis will move indoors to the Herndon Community Center, and Explore and Imagination will be cancelled. Trips for Teen Discovery may be adjusted depending on the weather.
- **FINANCIAL ASSISTANCE:** Please call 703-787-7300 to find out about our financial assistance program.
- **REFUND POLICY:** Refund Policy will be available in the parent handbook.



**PLEASE NO PEANUT OR NUT PRODUCTS.**



## NOW HIRING

Seeking dynamic people for our summer camps or to teach a variety of recreation programs. Program areas include but are not limited to: summer camps listed here, dance, gymnastics, learn-to-swim, fitness, arts and crafts, tot programs, tennis, yoga, wellness, performing arts, nature, cooking, martial arts, and more. Apply online at [www.herndon-va.gov/jobs](http://www.herndon-va.gov/jobs) or call us at 703-787-7300 to learn more!

# Herndon Odyssey

Age 6-11

Your child will make memories that last a lifetime. Every day at camp brings a new adventure through a variety of programs such as crafts, free play, sports & games, and other team-building activities. Activities are designed around themes complete with one field trip per session. Field trips are included in the cost of camp. Herndon Odyssey is an outdoor-based program, based at Bready Park adjacent to the Herndon Community Center. Herndon Odyssey provides continuous opportunities for campers to learn, grow and play in a safe environment, develop new friendships and have FUN! Camp hours are Monday-Friday, 8:00am-3:30pm. Bring a healthy lunch, water and snack every day (no peanut/nut products).

Camp forms must be on file prior to participation. Forms and the Parent Handbook are available April 1 at the Herndon Community Center or online at [herndon-va.gov/camps](http://herndon-va.gov/camps).

**Parent Meeting:** Tuesday, June 14 from 6:30-8:00pm at the HCC. **This meeting is for adults only.**

## 9, 7.5 hour sessions no camp 6/20 & 7/4

Tu-F	8:00am-3:30pm	6/21-7/1	\$338 / \$450	186110.01
Tu-F	8:00am-3:30pm	7/5-7/15	\$338 / \$450	186110.02

## 10, 7.5 hour sessions

M-F	8:00am-3:30pm	7/18-7/29	\$375 / \$500	186110.03
M-F	8:00am-3:30pm	8/1-8/12	\$375 / \$500	186110.04

# Extended Camp Time

Age 6-11

We are pleased to offer the extended care option for parents who need a bit more time picking their children up from camp. **Only campers registered for Herndon Odyssey may register for the after camp care option.** Enrollees will enjoy a variety of fun games, group activities, and supervised free play.

## 9, 2.5 hour sessions

## no camp 6/20 & 7/4

Tu-F	3:30-6:00pm	6/21-7/1	\$180 / \$180	186210.01
Tu-F	3:30-6:00pm	7/5-7/15	\$180 / \$180	186210.02

## 10, 2.5 hour sessions

M-F	3:30-6:00pm	7/18-7/29	\$200 / \$200	186210.03
M-F	3:30-6:00pm	8/1-8/12	\$200 / \$200	186210.04

# Counselor in Training

Age 13-16

The program offers participants an opportunity to learn how to plan, teach and execute youth programs and activities. C.I.T.s will work in camp units and shadow counselors while developing these skills. The C.I.T. program is designed to create leaders, role models and prepare participants to become effective and talented counselors. C.I.T.s are provided with camp shirts, appropriate training, and a program manual.

**All C.I.T.s must attend one of the two training courses prior to serving as a C.I.T.** either Saturday, June 18 (180022.61) or Saturday, July 16 (180022.62). Required C.I.T. trainings sessions are offered at no additional cost.

## 9, 7.5 hour sessions

## no camp 6/20 & 7/4

Tu-F	8:00am-3:30pm	6/21-7/1	\$135 / \$180	180021.11
Tu-F	8:00am-3:30pm	7/5-7/15	\$135 / \$180	180021.12

## 10, 7.5 hour sessions

M-F	8:00am-3:30pm	7/18-7/29	\$150 / \$200	180021.13
M-F	8:00am-3:30pm	8/1-8/12	\$150 / \$200	180021.14

**REQUIRED C.I.T. TRAINING SESSIONS – MUST ATTEND ONE PRIOR TO PARTICIPATION IN SUMMER C.I.T. PROGRAM**

## 1, 2 hour session

Sa	9:00-11:00am	6/18	–	180022.61
Sa	9:00-11:00am	7/16	–	180022.62





# Teen Discovery

Age 12-15

Teen Discovery allows teenagers to spend a week with friends, while traveling to their favorite summer destinations. Each day promises a new adventure to different locations through field trips, games and activities. Bring a lunch, water bottle, bathing suit and towel daily. Start and return times for some trips may vary. Trips may include Kings Dominion, Dave & Busters, Top Golf, water parks, horseback riding, white water rafting, trampoline park, regional parks, and more! Some trips require additional waivers signed by parent/guardian for participation. Teen Discovery participants who need to arrive before 10:00am must enroll in Early Bird.

Teen Discovery requires independence and good judgment from the participants. Responsibility is an important element of the program, as teens are frequently permitted to experience activities in small groups on their own, checking in at designated times and locations.

**Parent Meeting:** Tuesday, June 14 from 7:00-8:00pm at the HCC. *This meeting is for adults only.*

## 4, 7 hour sessions

Tu-F	10:00am-5:00pm	6/21-6/24	\$176 / \$234	186220.10
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## 5, 7 hour sessions

M-F	10:00am-5:00pm	6/27-7/1	\$215 / \$286	186220.11
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## 4, 7 hour sessions

Tu-F	10:00am-5:00pm	7/5-7/8	\$176 / \$234	186220.12
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## 5, 7 hour sessions

M-F	10:00am-5:00pm	7/11-7/15	\$215 / \$286	186220.13
M-F	10:00am-5:00pm	7/18-7/22	\$215 / \$286	186220.14
M-F	10:00am-5:00pm	7/25-7/29	\$215 / \$286	186220.15
M-F	10:00am-5:00pm	8/1-8/5	\$215 / \$286	186220.16
M-F	10:00am-5:00pm	8/8-8/12	\$215 / \$286	186220.17



# Teen Discovery Early Bird

Age 12-15

Need to get to Teen Discovery earlier? Camp is open with supervision for registered campers only. Campers will participate in games, crafts, and free time activities as they prepare for each trip during the early bird care.

## 4, 7 hour sessions

Tu-F	8:00-10:00am	6/21-6/24	\$40 / \$40	186221.10
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## 5, 7 hour sessions

M-F	8:00-10:00am	6/27-7/1	\$50 / \$50	186221.11
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## 4, 7 hour sessions

Tu-F	8:00-10:00am	7/5-7/8	\$40 / \$40	186221.12
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## 5, 7 hour sessions

M-F	8:00-10:00am	7/11-7/15	\$50 / \$50	186221.13
M-F	8:00-10:00am	7/18-7/22	\$50 / \$50	186221.14
M-F	8:00-10:00am	7/25-7/29	\$50 / \$50	186221.15
M-F	8:00-10:00am	8/1-8/5	\$50 / \$50	186221.16
M-F	8:00-10:00am	8/8-8/12	\$50 / \$50	186221.17





# Tennis Camps

Age 7-13

A great way for kids to spend their summer outdoors learning tennis and having fun. The camp will feature on and off-court instruction, warm-ups, and conditioning. Students must provide their own racquet and a new can of balls, along with a snack each day (no peanut products). In case of rain days, program will operate in the gymnasium and/or racquetball courts.

## 4, 4 hour sessions

Tu-F	9:00am-1:00pm	6/21-6/24	\$136 / \$181	188519.10
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## 5, 4 hour sessions

M-F	9:00am-1:00pm	6/27-7/1	\$169 / \$225	188519.11
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## 4, 4 hour sessions

Tu-F	9:00am-1:00pm	7/5-7/8	\$136 / \$181	188519.12
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## 5, 4 hour sessions

M-F	9:00am-1:00pm	7/11-7/15	\$169 / \$225	188519.13
M-F	9:00am-1:00pm	7/18-7/22	\$169 / \$225	188519.14
M-F	9:00am-1:00pm	7/25-7/29	\$169 / \$225	188519.15
M-F	9:00am-1:00pm	8/1-8/5	\$169 / \$225	188519.16
M-F	9:00am-1:00pm	8/8-8/12	\$169 / \$225	188519.17

# NEW! Tennis Counselor in Training (C.I.T.)

Age 14-15 No online registration

Get an early start on training to be a future tennis counselor and/or instructor! Tennis C.I.T.s gain valuable experience on how to instruct, run drills, and build leadership skills in our summer camp setting.

Tennis experience and approval of the Tennis Manager are required prior to registration. Individuals looking to volunteer at tennis camps this summer in the 14-15 age range must sign up for the C.I.T. program. Questions on eligibility for participation can be directed to the Tennis Manager (703) 435-6800 x2110. C.I.T.s are welcome to register for multiple sessions

All C.I.T.'s **MUST** participate in one of two offered trainings to be eligible to participate in the program. Required C.I.T. trainings sessions are offered at no additional cost.

## 4, 4 hour sessions

Tu-F	9:00am-1:00pm	6/21-6/24	\$48 / \$64	188619.10
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## 5, 4 hour sessions

M-F	9:00am-1:00pm	6/27-7/1	\$60 / \$80	188619.11
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## 4, 4 hour sessions

Tu-F	9:00am-1:00pm	7/5-7/8	\$48 / \$64	188619.12
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## 5, 4 hour sessions

M-F	9:00am-1:00pm	7/11-7/15	\$60 / \$80	188619.13
M-F	9:00am-1:00pm	7/18-7/22	\$60 / \$80	188619.14
M-F	9:00am-1:00pm	7/25-7/29	\$60 / \$80	188619.15
M-F	9:00am-1:00pm	8/1-8/5	\$60 / \$80	188619.16
M-F	9:00am-1:00pm	8/8-8/12	\$60 / \$80	188619.17

**REQUIRED C.I.T. TRAINING SESSIONS – MUST ATTEND ONE PRIOR TO PARTICIPATION IN SUMMER C.I.T. PROGRAM**

## 1, 2 hour session

Sa	9:00-11:00am	6/18	–	180022.61
Sa	9:00-11:00am	7/16	–	180022.62



# Dance Camps

Age 4-12

These specialty camps feature a small student to teacher ratio. Weather permitting, children will eat snack outside in the Bready Park picnic shelter and have some time to play in the park. Bring a daily snack (please no peanut/nut products), water bottle, sunscreen, sturdy shoes for the playground, and shorts and a top that can be pulled over dance attire to go outside. All campers should bring ballet or jazz shoes as indicated in each camp description.

## CREATE WITH ME - I LOVE ANIMALS! Age 4-6

Calling all animal lovers! Come join in a fun-filled week of creative movement and imagination. We will enjoy creative dance, make crafts, and read stories about many of our furry, winged, swimming, and shelled friends. Ballet or jazz shoes required.

### 4, 4 hour sessions

Tu-F	9:00am-1:00pm	6/21-6/24	\$148 / \$197	184000.11
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## CREATE WITH ME - SUPERHERO DANCE CAMP Age 5-8

Are you ready to save the world? Join us this week for dance technique based on jazz, Broadway flair and creative movement. We will create our own superhero, comic book, and costume pieces through class crafts. Jazz shoes required.

### 5, 4 hour sessions

M-F	9:00am-1:00pm	6/27-7/1	\$185 / \$246	184000.12
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## STORYBOOK DANCE AND DRAMA CAMP - TWISTED TALES Age 8-12

We will explore different perspectives in this twisty camp while working on our jazz, hip-hop and introductory drama skills. Students will discover that there are many different perspectives to every story. We will read a tale a day from a new and unique perspective. How about *Beauty and The Beast* told by the Beast, or the story of Little Red Riding Hood as told by the wolf? Daily crafts and games are included in this original camp. Jazz shoes required.

### 4, 4 hour sessions

Tu-F	9:00am-1:00pm	7/5-7/8	\$148 / \$197	184000.13
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## STORYBOOK DANCE CAMP Age 5-8

Experience the fun of your favorite Disney musical characters right here in Herndon! Each day will feature a different story such as *Frozen*, *Aladdin* or *Lion King*. Campers will practice dance technique and learn fun mini-dances to a song from the movie and complete a themed craft each day. Jazz shoes required.

### 5, 4 hour sessions

M-F	9:00am-1:00pm	7/11-7/15	\$185 / \$246	184000.14
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## CREATE WITH ME - AHOY MATEY Age 5-8

If a pirate's life is for you, join us for a week of exploring hip-hop dance moves, broadways flair and creative movement along with sunken treasure! In this pirate themed camp, we will have fun with a pirate dress up day and our dance troop of pirates will work on a choreographed number plus themed crafts and games. Jazz shoes required.

### 5, 4 hour sessions

M-F	9:00am-1:00pm	7/18-7/22	\$185 / \$246	184000.15
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## STORYBOOK BALLET CAMP - FANCY NANCY Age 4-6

Do you love all things fancy? Join us for a week of ballet and creative movement based around the beloved red head. Each day will feature one of Nancy's many adventure stories and a craft, while we weave together a dance combining what we have learned throughout the week! On the last day of camp campers are encouraged to bring dress up items and we will host a fancy party. Ballet shoes required.

### 5, 4 hour sessions

M-F	9:00am-1:00pm	7/25-7/29	\$185 / \$246	184000.16
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## STORYBOOK BALLET CAMP - DANCING PRINCESS Age 5-8

Join us in make-believe fun where we all get to be princesses or princes at the ballet barre. Each day we will read a story, make royal crafts, and wear our crowns while we learn our ballet positions. Ballet shoes required. Crowns included!

### 5, 4 hour sessions

M-F	9:00am-1:00pm	8/1-8/5	\$185 / \$246	184000.17
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# Camp Explore

Age 5-8

Explore nature through hands-on activities and outdoor learning, utilizing senses to discover a joy and appreciation for the outdoors! Each week, we will investigate a different theme, centered around nature walks, art projects, environmental education and fun! Each day, campers should apply sunscreen and insect repellent prior to camp, wear closed-toe shoes, and bring a lunch, water bottle and a snack (please no peanut/nut products). **Camp meets at Runnymede Park, 195 Herndon Parkway. In case of inclement weather, camp will be cancelled for the day.**  
**No camp 6/20 & 7/4**

## NO BACKBONE – NO WORRY

Learn about what insects, spiders, snails, and centipedes have in common.

### 4, 4 hour sessions

Tu-F	9:00am-1:00pm	6/21-6/24	\$104 / \$138	186311.09
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## BRANCHING OUT

Living among the trees. What is a sapling? How do trees help everyone breathe and live longer lives?

### 5, 4 hour sessions

M-F	9:00am-1:00pm	6/27-7/1	\$130 / \$173	186311.10
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## HIP HOP HABITAT

Can you make yourself invisible? Think like an animal and learn to hide in plain sight.

### 4, 4 hour sessions

Tu-F	9:00am-1:00pm	7/5-7/8	\$104 / \$138	186311.11
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## MAGNIFICENT MAMMALS

What changes have animals made to survive in our environment? Do you live in a burrow? Are you part of a pride? What roles do you play?

### 5, 4 hour sessions

M-F	9:00am-1:00pm	7/11-7/15	\$130 / \$173	186311.12
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## WING IT

Do woodpeckers get concussions? What is the largest, fastest, strongest bird on the planet? Do birds have good eyesight and why?

### 5, 4 hour sessions

M-F	9:00am-1:00pm	7/18-7/22	\$130 / \$173	186311.13
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## WATER WORLD

Experiment with sand and water and see which creatures (including you and I) need water to survive. How does the amount of water available change the way we live? This will be a wet and dirty week at Camp Explore.

### 5, 4 hour sessions

M-F	9:00am-1:00pm	7/25-7/29	\$130 / \$173	186311.14
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## WEATHER WONDERS

Let's explore the mystery of our planet's weather. Lightning, tornadoes, and thunderstorms! What causes these changes? Can we predict what is coming next?

### 5, 4 hour sessions

M-F	9:00am-1:00pm	8/1-8/5	\$130 / \$173	186311.15
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## ECOLOGY

How can a single tree support many animals at Runnymede Park? What part can we play in order to protect and support the wildlife near our homes and parks? Does recycling items help our fine furry friends?

### 5, 4 hour sessions

M-F	9:00am-1:00pm	8/8-8/12	\$130 / \$173	186311.16
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REMEMBER  
TO APPLY  
SUNSCREEN  
BEFORE  
CAMP





# NEW! Camp Imagination

## Age 7-10

Enjoy a world of imagination for curious kids. Campers will participate in small group science activities as well as traditional summer camp fun. We will engage our curiosity with science experiments, discussions and observations, arts & crafts, and games with newfound friends. Each day campers should apply sunscreen and insect repellent prior to camp, wear closed toe shoes, and bring a lunch, water bottle, and a snack (please no peanut/nut products). **Camp meets at Trailside Park, 1022 Crestview Drive. In case of inclement weather, camp will be cancelled for the day. No camp 6/20 & 7/4**

### FOSSILS AND EARTH HISTORY

Learn about the history of the world, and all about what used to live here!

#### 4, 4 hour sessions

Tu-F	9:00am-1:00pm	6/21-6/24	\$104 / \$138	186320.01
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### HAVE SOME BACKBONE

What is a vertebrate? What animals are considered vertebrates?

#### 5, 4 hour sessions

M-F	9:00am-1:00pm	6/27-7/1	\$130 / \$173	186320.02
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### FORCE AND MOTION

How and why do things move? Join us for introductory physics lessons and experiments!

#### 4, 4 hour sessions

Tu-F	9:00am-1:00pm	7/5-7/8	\$104 / \$138	186320.03
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### CHEMISTRY GALORE

Join us for a week of learning how the world around us works and experiments to go along!

#### 5, 4 hour sessions

M-F	9:00am-1:00pm	7/11-7/15	\$130 / \$173	186320.04
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### EARTH AND SPACE SCIENCE

Learn all about the planets and other solar bodies in our solar system.

#### 5, 4 hour sessions

M-F	9:00am-1:00pm	7/18-7/22	\$130 / \$173	186320.05
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### LIFE SCIENCE

Bugs, plants, and birds oh my!!

#### 5, 4 hour sessions

M-F	9:00am-1:00pm	7/25-7/29	\$130 / \$173	186320.06
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### SCIENCE ROCKS!

Learn all about the different types of rocks found on earth and where they come from.

#### 5, 4 hour sessions

M-F	9:00am-1:00pm	8/1-8/5	\$130 / \$173	186320.07
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### ATMOSPHERIC SCIENCE

What makes different kinds of weather happen? What is our atmosphere made of?

#### 5, 4 hour sessions

M-F	9:00am-1:00pm	8/8-8/12	\$130 / \$173	186320.08
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## PARKS IN HERNDON

### 1 Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

### 2 Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, lighted softball, and 60/70' baseball fields, outdoor lighted basketball, six lighted tennis courts, three covered tennis courts September-April, lighted artificial turf soccer field, and a playground. Indoor restrooms. Sports fields are available for open play and scheduled leagues. *Shelter is available for reservation.*

### 3 Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a playground, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

### 4 Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a 90' baseball field, and a fenced dog park.

### 5 Cuttermill Park

A 6-acre neighborhood park located at 1501 Herndon Parkway. The park includes a baseball/T-ball field, walking areas, multipurpose courts for sand volleyball and basketball, a mini basketball court to accommodate younger children, as well as a playground for ages 5-12, and a tot lot.

### 6 Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball courts, a playground for ages 5-12, and a tot lot. Indoor restrooms seasonally.

### 7 Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a playground, park benches, and an open play space.

### 8 Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open down to dusk for hiking, bird-watching, nature study, and picnicking. Park includes two picnic shelters and a paved accessible trail. *Shelters are available for reservation.*

### 9 Spring Street Park

Located at the corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

### 10 Stanton Park

Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is rustic, with large natural areas. Facilities include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

### 11 Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a playground, an open play area, and a bocce court. *Shelter is available for reservation.*



## Picnic Shelter Rentals

- Shelters are rented in five-hour intervals.
- Alcoholic beverages are not allowed in parks.
- Electricity is included at Bready & Trailside Parks. (Runnymede Park does not have electricity.)

PARK	COST	GUEST LIMIT
Bready	\$110 TOH / \$160 NR	140
Trailside	\$60 TOH / \$85 NR	70
Runnymede	\$50 TOH / \$75 NR	70

Trailside & Runnymede Parks have a \$20 nonrefundable deposit and Bready Park has a \$35 nonrefundable deposit.

Call us at 703-787-7300 to reserve a shelter or book online at [www.herndon-va.gov/recreation](http://www.herndon-va.gov/recreation).

## FIND A PARK NEAR YOU

### Herndon PARKS



This map is not drawn to scale. The blue area indicates the approximate Town of Herndon residential area. Please visit [www.herndon-va.gov/recreation](http://www.herndon-va.gov/recreation) for more information.



## Herndon Community Center Admission Fees & Passes

TOH = Town of Herndon Resident (Requires ID with address);  
NR = Non-Resident; Youth: 17 & under,  
Student: 18-25 with student ID, Senior: 65+

**All admissions and passes are nonrefundable.**

### Daily Rate TOH/NR

Adult . . . . .	\$7/\$8
Youth, Senior, Student . . . . .	\$5.75/\$6.50
Family . . . . .	\$19.75/\$22.50

### 10-Visit Pass\* TOH/NR

Adult . . . . .	\$63/\$72
Youth, Senior, Student . . . . .	\$52/\$59

### 25-Visit Pass\*\* TOH/NR

Adult . . . . .	\$140/\$160
Youth, Senior, Student . . . . .	\$115/\$130

### 30-Day Pass TOH/NR

Adult . . . . .	\$56/\$72
Youth, Senior, Student . . . . .	\$46/\$59
Adult 2-Person^ . . . . .	\$84/\$108
Senior 2-Person^ . . . . .	\$69/\$88
Adult/Senior 2-Person^ . . . . .	\$74/\$95
Dependent Youth+ . . . . .	\$14/\$18

### 6-Month Pass TOH/NR

Adult . . . . .	\$294/\$384
Youth, Senior, Student . . . . .	\$242/\$312
Adult 2-Person^ . . . . .	\$441/\$576
Senior 2-Person^ . . . . .	\$362/\$468
Adult/Senior 2-Person^ . . . . .	\$389/\$504
Dependent Youth+ . . . . .	\$72/\$94

### Annual Pass TOH/NR

Adult . . . . .	\$504/\$672
Youth, Senior, Student . . . . .	\$414/\$546
Adult 2-Person^ . . . . .	\$756/\$1,008
Senior 2-Person^ . . . . .	\$621/\$819
Adult/Senior 2-Person^ . . . . .	\$666/\$882
Dependent Youth+ . . . . .	\$124/\$164

\* Expires 1 year after purchase

\*\* Expires 2 years after purchase

^ Same household

+ Dependent pass must be purchased with an adult pass

### Pass and Daily Admission Fee Includes

- Use of pool, spa, sauna, fitness room, racquetball courts, locker room, and open gym times. Age restrictions apply.

### Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer.  
See Fitness Staff for details.

### Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to one free training session.

### Age Categories:

Youth:	17 & under
Student:	18-25 with student ID
Adult:	18 & older
Seniors:	65 & older
Children:	Admitted free under age 2 with a paying adult

### Pool Use:

Children 5 & under:	an adult must accompany child in the water
Children 8 & under:	must be accompanied by an adult

### Gymnasium Use:

Please visit [www.herndon-va.gov/HCC](http://www.herndon-va.gov/HCC) for open gym times and age restrictions.

### Fitness Room Use:

Age 12 & 13:	must be accompanied by an adult and earn Youth Fitness ID
Age 14 & 15:	must earn Youth Fitness ID to use fitness room

### Locker Room Use:

Children 5 & under:	permitted in locker room of opposite sex
Family Locker Rooms:	for parents with children over the age of 5, located in guard office

### Racquetball, Badminton, Table Tennis & Wallyball

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.



### Herndon Town Council

Mayor Sheila A. Olem  
Vice Mayor Cesar del Aguila  
Councilmember Naila Alam  
Councilmember Pradij Dhakal  
Councilmember Signe Friedrichs  
Councilmember Sean Regan  
Councilmember Jasbinder Singh

Town Manager, Bill Ashton

### Parks & Recreation Department Staff

Cindy S. Roeder, Director  
Cynthia Hofstiezer, Deputy Director  
Reid Okoniewski, Administrative Assistant  
Lindsey Jones, Systems Technician  
Kevin Breza, Recreation Program Coordinator  
Abby Kimble, Marketing and Communications Specialist  
Kerstin Severin, Aquatic Services Manager  
Debby Cooley, Aquatic Program Specialist  
Jeff Rosenbloom, Assistant Pool Manager  
Rich Romero, Head Swim Coach  
Ron Tillman, Community Center Manager  
Mike Heath, Assistant Community Center Manager  
Alex Mosher, Customer Service  
Mary Jo Sharbat, Customer Service  
Suzanna Swalboski, Indoor Tennis Manager  
Karen Tsitos, Head Personal Trainer  
Trey Simkins, Group Exercise Coordinator

### Recreation Supervisors

Kyle Clarke, Wellness & Martial Arts  
Tim Lander, Wellness, Sports & Community Events  
Tom Milenkevich, Fitness Services Supervisor  
Holly Popple, Performing Arts & Community Events

## MISSION STATEMENT

**The Town of Herndon Parks and Recreation Department enriches the lives of its diverse residents, serves as stewards of Town resources, and fosters a sense of community by providing engaging, accessible and valued parks, facilities and recreation programs complementing those provided by Fairfax County.**



### How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our four convenient registration methods will begin for TOH residents at 10:00am on Wednesday, March 30. Open registration for Non-TOH residents will begin at 10:00am on Tuesday, April 5.

### What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 23 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the Town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

### How do I know if I live in the Town of Herndon?

Not all Herndon addresses are in the TOH proper. If you have questions, call 703-787-7300 or go to: [www.herndon-va.gov/recreation](http://www.herndon-va.gov/recreation) and click on **FAQ for P&R** on the left side of the page.

### Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10:00am on April 5.

### Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

### Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the midpoint of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

### Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or ability. The TOH supports the Americans with Disabilities Act by making a modifications for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call 703-787-7300 to discuss any modifications that may be necessary to allow for participation.

### Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

### Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

### Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

### Registration Options

Open registration dates apply to ALL registration options—10:00am on March 30 for TOH residents, and 10:00am on April 5 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at [www.herndon-va.gov/recreation](http://www.herndon-va.gov/recreation). Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon **NOR** ► is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10:00am, March 30 for TOH residents; and 10:00am, April 5 for Non-Town residents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, 777 Lynn Street, Herndon, VA 20170
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: 703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.
6. **NOTICE:** In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.

### Refund Policy for Classes & Programs

Time Frame	Refunds
5+ days before class/program starts	Full
4 days before class/program starts and onward	Yes with service charge*, pro-rated as necessary
Medical reasons (with a doctor's note preventing participation in class/program) or relocation of 20 or more miles	Pro-rated, no service charge
*Customer-requested refunds are subject to above parameters except when the individual relocates at least twenty miles or for a medical reason with a doctor's note.	

1. Full refunds are issued if classes are canceled due to minimum enrollment not being met.
2. Service charge is 15% per class and applies to refunds, as noted in the chart.
3. All refunds are made by credit card or Town check, depending on initial method of payment.
4. Pro-rated values are calculated based on the remaining classes at the time that the request is received by the Department.
5. No refunds are given to those who have a balance due.
6. Some programs including events, camps, and swim team may have a more stringent refund policy that is noted in the program information.
7. Daily Admission, Admission Passes and Personal Training Passes are non-refundable, except due to medical circumstances or patron relocates more than twenty miles away.
8. Camp Refund Policy is available in the parent handbook.

**Camp Registration starts on  
4/20 for TOH and 4/26 for NR**

# Registration is Easy!

WWW.HERNDONWEBTRAC.COM

Registration for Town of Herndon Residents begins on **Wednesday, March 30** at 10:00am.

Registration for Non-Town of Herndon Residents begins on **Tuesday, April 5** at 10:00am.

PHONE: 703-787-7300

FAX: 703-318-8652

## Herndon Parks and Recreation Registration Form

**ONE FORM PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.** Complete this form and be sure to note your first, second, and third choices.

**Proof of residency may be required.**

**Camp Registration starts on 4/20 for TOH and 4/26 for NR**

**A Camper Information Form is required in addition to the registration form or online registration. Camper Information Forms will be available online by April 1 and will be emailed to registrants.**

HEAD OF HOUSEHOLD: LAST \_\_\_\_\_

FIRST \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_ EMAIL \_\_\_\_\_

PHONE: HOME \_\_\_\_\_ CELL \_\_\_\_\_ WORK \_\_\_\_\_

Participant Name	Birth Date	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	000000.00	Level 4	\$68	000000.01	000000.02
	/ /					
	/ /					
	/ /					
	/ /					
	/ /					
	/ /					
	/ /					
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	/ /					
	/ /					
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	/ /					
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	/ /					
	/ /					

TOH = people who live in the Town of Herndon limits

NR = people living outside the Town of Herndon limits

### IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

PRINT NAME OF CARD HOLDER \_\_\_\_\_

SIGNATURE \_\_\_\_\_

### SPECIAL ACCOMMODATIONS:

Call 703-787-7300 to speak with program supervisor.

### MAKE CHECK PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$50 fee



### MAIL TO:

Herndon Parks and Recreation  
777 Lynn Street, Herndon, VA 20170

OFFICE USE ONLY – Processed by: \_\_\_\_\_

Payment Method C CK CC LC

AP# \_\_\_\_\_ Date Paid \_\_\_\_\_

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

**REFUNDS:** A 15% service charge will be assessed 5 days or fewer before the start of the program. Full refunds will only be given for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation Department.

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the town of Herndon's employees, officers, agents, and volunteers on behalf of the town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN \_\_\_\_\_

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN \_\_\_\_\_



# HCC SUMMER PASS SALE

**Valid May 2-August 26**

**Great for  
students  
home for  
the summer!**

**Enjoy our fitness area,  
pool, spa, sauna, open gym,  
and drop-in fitness classes**

**This is a  
substantial  
savings off a  
30-Day pass!**

<b>Adult Pass</b>
TOH \$140/NR \$180
<b>Senior, Youth &amp; Student</b>
TOH \$110/NR \$140

